

FREE AUTISM MINDFULNESS GROUP

We are interested in exploring ways to help autistic adults cope with stress and anxiety. As part of this research, we are holding a **free web-based mindfulness group** that will teach some new ways to better cope with these feelings. We are evaluating the outcome of these groups.

The group will take place weekly for 6 weeks

Time & Dates: March 26, April 2, 9 16, 23, 30 from 7:00pm to 8:00pm
(ADT)

You will be able to participate in the group virtually, using video conferencing to connect with the group facilitators and other participants.

If you're an autistic adult (18+ years of age) and this is something you might be interested in learning more about, please contact Brianne Redquest at brianne.redquest@camh.ca.



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